

## ABSTRACT

A method and data format for synchronizing contents. The method includes a content device downloading the contents from a source device, storing synch data required to synchronize the downloaded contents, determining a target device by interpreting the synch data, and executing the contents through the target device. The data format includes SynchTime for defining a time at which contents stored in a content device are executed in a target device, SynchAction for defining actions that are required to allow the content device to execute the contents in the target device, ContentInfo for defining the kinds of contents, PreferenceInfo for defining the basic information of an owner if the owner of the contents exists, and SelectDeviceInfo for defining a certain criterion to select a certain device if a plurality of devices providing the corresponding service exist at the time of synchronization.